

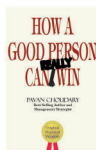


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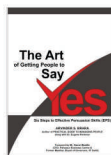
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## Preface

It has been a well known fact since ages that there is divinity in motherhood: Just like the Creator created us, loves and nurtures us, so does the mother. He is there for us unconditionally, and so is the mother there for her children. Then why would a book on motherhood make any sense? Each mother is the supreme for her child. Can any book teach anyone anything about motherhood? Can even a mother teach any other mother about motherhood? The answer probably is no, because in any case a mother gives her best to her children. What more can anyone do anyway?

Yet, a mother is a human being, too. A human being is prone to making mistakes because that is where she learns from and evolves. Anyone willing to learn will find a lot in the universe to learn from and improve upon oneself, even a mother. Motherhood, no doubt, is a divine gift but having received the gift, a mother applies all her human skills to do her best for her child – nourishing, nurturing, protecting, teaching and guiding her child, the best way that she can. Very

often it happens that while protecting her child, a mother tends to become over-protective, sometimes even possessive. How does one actually draw the line where protecting ends and over-protecting or being possessive begins?

Moving towards motherhood brings a fear of the upcoming new responsibilities mixed with the excitement of moving towards a new stage of completion in life. All of this converges to the point of experiencing her little one – a live doll, especially hand crafted by the Creator for her in her arms. The bewilderment she experiences seeing the miracle of nature, so eternal and yet so unique each time, numbs her to her own emotions. As she begins taking care of the newborn and settles down in her new routine, there begins to emerge a fountain of love from her heart that gives her the energy to do anything for her child, the least of all being the round-the-clock duty she has to give, for months to come. Doing everything for the child comes naturally to her out of her love for the child. In the process however, as years pass by, it also gives rise to an expectation on her part from the child to do things her way and look at life her way.

The fine line between helping the child vs. spoon-feeding him and guiding the child vs. imposing your beliefs on him tends to blur very often.

During our childhood, while being appreciative of our parents' efforts, we all also find certain faults in their parenting. Down the line when it is our turn to become parents, we make sure not to make the same mistakes as our parents did. Actually even they were doing their best for their children, acting within their own parameters of knowledge, wisdom, judgment and resources. Similarly, despite our trying to improve upon the parenting we received, while acting as parents ourselves, there inevitably are areas we could improve upon with guidance from outside.

Often in life, we get so bogged down by the nitty-gritty of day to day routine that we start living in oblivion of the bigger purpose of life. The entire journey is really aimed at going back home, to our Creator. Parenting, as every other process we go through in life, is also meant to take us closer to our Creator. We tend to overlook this basic aspect of parenting, because we get entangled in the various emotions it brings up.

A famous Indian singer was once heard saying in an interview on TV, that the entry of his son in his life had taught him about God and strengthened his bond with Him. He said, that he used to watch his toddler play and move about the house unsteadily, allowing him to explore and even allowing minor falls, yet being alert and ready to help lest he gets hurt. In the process he somewhere realized that this is exactly the way our Creator watches over us with immense love for us, being available for us whenever we might need His help.

Even though parenting, especially motherhood, might be physically taxing initially and emotionally overwhelming throughout, we can go through all of it with much more ease and grace if we remember to include the Creator in our daily activities.

One of the intentions behind writing this book is to remind the readers that even though as parents we are the creators of our child and even though motherhood is the most divine of the earthly experiences, it is the ultimate divine force that is the common thread between the parents and the child and even in the situations they experience with each

other. Looking at the situations that come up with a higher perspective might not be easy always, but it definitely does help us come out of those situations smoothly and brings peace and serenity in our lives.

When a human being acts in the role of a parent, the emotions experienced are immense because one is dealing with someone extremely dear. It is easy to get carried away by those emotions and act under their influence. At that point in time, it might not be possible for the parents to see how, in the long run, their action might actually limit the growth of their child or even of themselves. It is this aspect of human behavior that this book intends to throw light upon.

Both the parents contribute in a child's growth but the mother is usually more connected with the child right from the conception of the child. While generally the father mainly plays the role of a provider in the child's life, the mother is the nurturer. Besides providing him nourishment in the physical form, she provides him with the emotional nourishment, too. This leads her into getting more emotionally involved with the child. Therefore,



although most of the things said in the book apply to both the parents, the mothers would certainly relate with all the aspects of bringing up a child covered in the book.

# Contents

## Preface

I	Motherhood	1
II	The Sacrificing Mother	7
III	Child above Self	25
IV	Empower your Child through Surrender	33
V	Support not Crutches	49
VI	Teaching : Right and Wrong	61
VII	Guide and Have Confidence	79
VIII	Communication	87
IX	What Anger Does	109
X	Comparisons	117
XI	Latent Desires	131
XII	Adopting Motherhood	143
XIII	Conclusion	151